

**FOR ANSWERS TO YOUR NUTRITION
QUESTIONS CALL 707-525-0143, EXT 130
For All Other Questions & Comments Call:
En espanol: 525-0143 x134 OFFICE: 525-0383
MENUS SUBJECT TO CHANGE WITHOUT NOTICE**



SENIOR MEALS HD/CHOICE #2

VEGETARIAN

SEPTEMBER 2017

Only Clients signed up for the Weekend Meals Program receive weekend meals. Choice meal is not available for weekend meals.

Cancellation Policy: If you need to cancel your meal delivery, you must do so no later than noon the day before you plan to be away.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	LOW FAT MILK IS PROVIDED WITH MEAL			1 Asparagus Risotto w/ Stewed Mushrooms Orange	2 Chef's Choice Meal Cantaloupe Cup	3 Chef's Choice Meal Fruit Cocktail
4 Kale & Swiss Baked Penne Garlic Bread Peach Cup	5 Roasted Vegetable Risotto Apricot Cup	6 Vegetable Frittata Wheat Roll Strawberry Cup	7 Kale & White Bean Rigatoni Honeydew Cup	8 Broccoli Quiche w/ Bean Salad Tangerine	9 Chef's Choice Meal Raisin Cup	10 Chef's Choice Meal Grape Cup
11 Vegetarian Chili Prune Cup	12 Quinoa & Celery Root w/ Seared Spinach Mandarin Orange Cup	13 Vegetable Cassoulet Wheat Roll Apple Sauce Cup	14 Pad Thai w/ Soba Noodles Pineapple Cup	15 Lentil & Barley Salad Orange	16 Chef's Choice Meal Cantaloupe Cup	17 Chef's Choice Meal Pear Cup
18 Spinach & Pesto Linguini Fruit Cocktail	19 Vegetable Fritters w/ Tomato Coulis Couscous Peach Cup	20 Vegetarian Lasagna w/ Roasted Artichokes Apricot Cup	21 Quinoa w/ Winter Vegetable Poached Egg Strawberry Cup	22 Pasta w/ Capers & Caramelized Onion Honeydew Cup	23 Chef's Choice Meal Tangerine	24 Chef's Choice Meal Raisin Cup
25 Veggie Loaf w/ Gravy Mashed Potatoes Steamed Broccoli Grape Cup	26 Vegetable Stew & Couscous Prune Cup	27 Vegetable Stir-fry w/ Tofu & Fried Rice Mandarin Orange Cup	28 Cauliflower Curry w/ Steamed Rice Garlic Bread Apple Sauce Cup	29 Vegetable Lasagna Wheat Roll Pineapple Cup	30 Chef's Choice Meal Orange	31